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PAGE 14



## Hot smokes are no joke

Members of a coalition against contraband tobacco visit London to highlight the dark side of illegal cigarettes

PAGE 4

## Mayhem south of the border

Investigators zero in on a suspect in the Boston Marathon bombing, while police arrest a man suspected of sending a poison letter to Obama

PAGE 6

## It's a day of record

London's independent record stores are gearing up for Record Store Day with free concerts, games, food and contests

PAGE 10



Residents of London's Blackfriars neighbourhood are gearing up for a fight at city hall to see restrictions placed on development in the area. MARK SPOWART/FOR METRO

# Let Blackfriars be: Residents

**Taking a stand.** Community members fear developer is buying homes to build student duplexes

MARK SPOWART  
london@metronews.ca

Blackfriars residents say they feel "desperate and helpless" after learning at least two properties have been sold to a developer.

Documents on file at city hall show plans for a duplex with up to 10 bedrooms at 108 Wilson St., the residents say. Property was also recently sold at 12 Leslie St., where neighbours are worried the same kind of plan is in the works.

Sandwiched between Fanshawe College's new downtown campus and Western University, Blackfriars is a prime pick for new student

### Don't mess with Blackfriars

- Blackfriars, formerly known as Petersville, sits west of the Thames River between Riverside Drive and Oxford Street.
- Residents started a petition on Wednesday asking for a meeting with politicians to discuss concerns about projects that would increase housing density. More than 180 people signed on in less than 24 hours.

(neighbourhood's) character will disappear very quickly" if large developments move in.

Right now, the area consists mostly of single-family homes. Bice and others are calling on the city to provide details about what is planned and to call a halt to it.

"I think first and foremost they need to find a way to stop any further movement on this issue," resident Bruce Dunn said. "We can't let a developer come in and rush through knocking down buildings."

City officials did not respond to requests for comment on Wednesday.

One form of relief, residents say, could be a bylaw approved in July that cuts the number of bedrooms allowed in a duplex to three from five — something that could make property less attractive to developers. The bylaw is being challenged before the Ontario Municipal Board.

WITH FILES FROM DAVE DE VRIES/  
FOR METRO

## Business

Goodbye smartphone, hello smarter watch? **PAGE 8**

## Food

Heat up your next party with Thai Pork Skewers **PAGE 15**

## Home

Invite the sea into your home with nautical decor **PAGE 16**

**TOMORROW!!!**



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# Students make sure the show goes on

**Sir Frederick Banting.** Teacher job action or not, these teens were determined to stage a showstopper



**JOHN MATISZ**  
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File this under the “they made the best out of a bad situation” column.

A group of Sir Frederick Banting Secondary School students are nearing opening night for their rendition of William Shakespeare’s Twelfth Night.

But it won’t be your run-of-the-mill opening night in local high school theatre.

This show is student led: The result of teachers bowing out of extracurricular activities between December and early March.

As the teacher boycott began, administrators asked students if they’d like to postpone the production.

A simple answer came without hesitation, said director Rebecca Walsh: “No.”

“We always believed that we could do it, no matter what was going to happen,” said Walsh, a 17-year-old Grade 12 student. “Student leaders, in our last year (of high school), wanted to take on the challenge. It was a good experience.”

Ben Laskey, who plays Orsino in the show, admits there were challenging times along the way.

Keeping everybody focused on the end-goal, as the number of rehearsal days stacked higher and higher, was difficult, he said.

Translating Shakespearean language to laymen terms without a teacher was also hard.

The reward will be seeing everything play out when the production opens May 7, they said.

“You commit so much — practically and emotionally — when you set out to do something like this,” Laskey, a 17-year-old Grade 12 student said.

## If you go

- Students will perform Twelfth Night at 7 p.m., May 7 to 11 at Sir Frederick Banting Secondary School (125 Sherwood Forest Sq.)
- Tickets will be available at the door or through [onstagedirect.com](http://onstagedirect.com).



Sir Frederick Banting Secondary School students Kenny Grenier, left, portraying Sir Toby, and Justin Koehler, portraying Sir Andrew, perform a scene Wednesday from Shakespeare’s Twelfth Night. JOHN MATISZ/METRO

## Councillors who voted against raises spell out spending plans

Sandy White plans to give hers to constituents struggling to make ends meet.

Denise Brown says making an extra donation to charity is certainly an option.

And, Dale Henderson?

Well, he’s going to give it back to constituents via new equipment for his YouTube channel: DaleTV.

“I think I have blown it all ready,” Henderson said.

Those are the plans outlined to Metro from three of the five city councillors who voted against a 1.5 per cent pay hike

Tuesday. The increases were approved 8-5, meaning they’ll start flooding onto paycheques soon.

Couns. Matt Brown and Paul Van Meerbergen, who round out the pack, didn’t respond to request for comment Wednesday.

All of those who did speak said their vote wasn’t a political manoeuvre. It came from the heart, White said.

“No, I am not going to say that (I voted no) just to make it look good,” she told Metro.

Writing a check made pay-

able to city coffers and, in essence, putting the money back in taxpayers’ pockets, isn’t really in any member of the trio’s plans.

There doesn’t appear to be a city policy that would stymie such an effort, clerk Cathy Saunders said, noting it might be impossible from an accounting standpoint.

Then again, the issues never come up, she said.

“In my 20 some odd years, I have never seen anyone refuse a pay increase,” Saunders said. **MARK SPOWART/FOR METRO**

## At issue

- A 2010 review of politicians’ pay resulted in a policy that doles out annual increases based on either the Ontario Consumer Price Index or what’s dubbed a “labour index.” The index that sees the smallest increase determines what politicians get.
- The 2013 increase, which is retroactive to January, is less than the 3.1 per cent bump city councillors and the mayor saw in 2012.
- With Tuesday’s action, Mayor Joe Fontana will earn a base salary of \$104,258 this year. Councillors will earn \$33,465.

## Firstline. Norwegian high-tech firm plants roots in Forest City

A Norwegian company will soon call London home, creating a handful of new jobs.

Firstline Canada has its sights set on the Forest City. The company, a subsidiary of Firstline AS, has hired six workers and plans to hire up to 40 more in the next two to three years, officials said.

The jobs will include electrical and mechanical engineering positions.

Peter White, president and CEO of London Economic Development Corp., sees the investment as the start of a relationship with the company.

The LEDC will continue working with Firstline to "realize their growth potential," White said in a statement.

Firstline makes software

### What they do

Some of Firstline's hardware is used for tracking by companies including UPS, FedEx and the London Blood Bank.

for unique applications within the oil and gas industry. It also works with municipalities and businesses in the mining, aerospace and defence sectors.

Customers include BP and Talisman, both oil companies. The company has recently partnered with Honeywell for North American projects, and is focused on a "tool tracking" application for mining operations.

MARK SPOWART/FOR METRO

## \$275 million. Wynne shrugs off calls for gas plant scandal apology

Ontario Premier Kathleen Wynne ignored opposition demands Wednesday that she apologize for low-balling the \$275-million cost of the Liberal government's decision to pull the plug on a gas plant in Mississauga by \$85 million.

"People are tired of the denials. They're tired of the hidden information," NDP Leader Andrea Horwath said during question period. "They want the premier to admit — that's all they want — that this was wrong, and to apologize."

Former London-West MPP and Energy Minister Chris Bentley took much of the fall

### Quoted

"Being a Liberal means never having to say you're sorry."

PC energy critic Vic Fedeli

for the Grits' decision. He resigned his seat in February.

The Progressive Conservatives said the auditor general's report — released on Monday — was proof the Liberals had intentionally misled the public about the true cost of cancelling the Mississauga gas plant. **THE CANADIAN PRESS**

### Orchestra London

#### Tune into the deals

Orchestra London is keying up savings this month with its annual spring rummage sale.

The sale at Wellington Street United Church (156 Wellington St.) is open from 10 a.m. to 4 p.m. through April 27. It's closed on Sunday.

Featuring clothes, household appliances, furniture and toys, proceeds from the sale benefit the Orchestra.

METRO

### For the Love of Art

#### Festival issues open call to artists

Creative minds have until April 30 to register for a downtown festival featuring artists, musicians and dancers.

For the Love of Art will hit the city June 8 as part of Our Street London. Email hmarvell@rogers.com for registration details.

Our Street London is the new name for what used to be called Car Free Day.

METRO



National Coalition Against Contraband Tobacco field survey representative Lily Alilovic, left, chats with Cindy Falardeau, 49, of London, Wednesday, at Richmond and Dundas streets. Coalition members were asking Falardeau and others to sign a petition aimed at prompting a government crackdown on illegal tobacco. **JOHN MATISZ/METRO**

# Anti-contraband cigarette group comes to London

**Smuggling.** Stop part of education campaign about the ills of illegal tobacco, coalition says



**JOHN MATISZ**  
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An anti-contraband cigarette group hit the pavement Wednesday to generate some buzz about the illegal tobacco market.

Members of the National Coalition Against Contraband Tobacco were in downtown spreading their message and asking people to sign a peti-

### Quoted

"All Canadians are victims. I think it's our job to let the government know that we take it seriously, that it has to be dealt with."

Gary Grant, National Coalition Against Contraband Tobacco spokesman

tion requesting the government pump more money into catching smugglers.

The coalition thinks upcoming provincial budget talks will offer politicians an opportunity to take a meaningful stance.

Ontario is the "epicentre" of tobacco smuggling, claiming there are more illegal cigarettes distributed in the province than anywhere

else in the country, coalition spokesman Gary Grant says.

Sales on the underground tobacco market fund about 175 criminal gangs, according to the group. Southwestern Ontario — specifically the Highway 401 corridor toward Chatham and Windsor — is a hotspot, Grant says.

"Everybody knows we shouldn't be smoking," he said Wednesday. "But it is a

legal enterprise that is highly taxed. My concern then is ... that the hard-working retailers (are losing business)."

Grant, a confirmed non-smoker, is passionate about the issue. Profits from cigarette sales should be going into the "public's pocket, not the criminals."

He also says children and young adults are more likely to start smoking if there's a prominent contraband network nearby. Grant and others have been in cities including Toronto, Mississauga and Hamilton recently as they try to garner support. The coalition was in Kitchener on Tuesday and is planning to hit Ottawa on Thursday.

## Local run to start nationwide sprint

The Brain Tumour Foundation of Canada's Spring Sprint kicks off Saturday in London.

A nationwide series of walks and fun runs, the sprint will hit 20 cities across eight provinces throughout the summer. Close to 1,000 people are registered for this weekend's walk in Springbank Park. Londoners have already raised about half of the \$150,000 fundraising goal.

It's the most support the

non-profit has seen in the Forest City since the sprint started nearly two decades ago. And, it's proof that Londoners are connecting with the cause, said Megan Winkler, the foundation's manager of marketing and public affairs.

"Brain tumours are indiscriminate and unfortunately affect everyone from little tiny kids all the way to seniors," Winkler said. "You don't know if and when they might strike."

### If you go ...

- Registration starts at 8:30 a.m. Saturday in the bandshell at Springbank Park.

The race starts at 10 a.m. Visit [springprintsprint.ca](http://springprintsprint.ca) for details.

Based in London, the foundation was formed in 1982 by Steve Northey with help from the husband and wife medical team of Dr. Rolando Del Maestro, a neurosurgeon, and Pam

Del Maestro, a neuroscience nurse. Northey got the ball rolling when his eight-year-old daughter, Kelly, died after doctors discovered a tumour on her brain. **DAVID DE VRIES/FOR METRO**



### Tom Zombie Festival

## The zombies are coming!

A zombie festival will creep into St. Thomas's Pinafore Park this summer to raise money for youth projects.

The Tom Zombie Festival will include a zombie walk through downtown, music, and talent search to crown the first annual Tom Zombie. Details will be posted soon at [tomzombiefestival.com](http://tomzombiefestival.com). **METRO**

### UPwithART

## Fundraising auction to accept bids from afar

Online and proxy bidding is being offered for people interested in getting in on the UPwithART action.

The art auction starts at 6:30 p.m. at The Palace Theatre (710 Dundas St.). Proxy bid forms must be submitted by noon April 25 along with a \$20 registration fee.

Visit [upwithart.ca](http://upwithart.ca) to learn more. **METRO**

### London Public Library

## A special week for Mother Earth

The London Public Library's main branch has a full schedule of activities planned for Earth Week.

The library is using the week to open its Rotary Reading Garden for the season. Earth Week started Wednesday and continues through April 24. Visit [londonpubliclibrary.ca](http://londonpubliclibrary.ca) for a full list of events. **METRO**

### Policy studies

## Prof to discuss immigration

A Queen's University professor will dish on immigration policy and legislation Monday during the Canadian Club of London's speaker series breakfast.

Keynote speaker Naomi Alboim is an adjunct professor and chair of the policy forum at the Queen's University School of Policy Studies.

Visit [canadiancluboflondon.ca](http://canadiancluboflondon.ca) or call 855-519-2265 for tickets. **METRO**

# Is diluted-drugs supplier unique? Minister unsure

**Marchese Hospital Solutions.** Feds, province investigating company that provided weak cancer drugs to five hospitals in Ontario, New Brunswick

Ontario Health Minister Deb Matthews says she doesn't know how many companies provide services like Marchese Hospital Solutions, which supplied diluted cancer drugs to five hospitals.

But she says it's part of the investigation into the province's cancer drug supply, which includes Health Canada and other groups involved in the system.

"This is not confined to Ontario," she said. "My big responsibility is to Ontario patients, that's why I'm taking this so seriously. That's why I've estab-

lished this group, even though it's pretty clear that this is a national and indeed an international problem."

Of the more than 1,200 patients who received the watered-down medicine, 691 were patients at London Health Sciences Centre.

Marchese Hospital Solutions fell into a jurisdictional grey area, with Health Canada and the Ontario College of Pharmacists unable to agree on who was responsible for the facility.

Health Canada regulates and inspects drug manufacturers, while the college is responsible for pharmacists in Ontario, including those who may have been working independently for the company. Hospitals are responsible for the purchase and security of their drugs.

But Marchese Hospital Solutions wasn't considered to be a pharmacy or a drug manufacturer. **THE CANADIAN PRESS**



Ontario Health Minister Deb Matthews is pictured during a recent funding announcement in London. Matthews serves the riding of London North Centre at Queen's Park. **METRO FILE**



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# Man arrested, accused of mailing poison to president

## United States on edge.

Media overwhelmed with flood of news on letters, Boston bombings

America's frayed nerves found little relief on Wednesday as news emerged of a poison-laced letter addressed to U.S. President Barack Obama, while investigators endeavoured to close in on a suspect in the Boston Marathon bombings.

Federal agents arrested Paul Kevin Curtis, 45, in Tupelo, Miss., in connection with letters sent to Obama and a Republican senator from Mississippi. They tested positive for deadly ricin in preliminary analyses.

Earlier in the day, officials said they doubted the letters were linked to the bombings at the Boston Marathon.

The letters were intercepted at off-site mail facilities and were undergoing additional

## From the letters

**"To see a wrong and not expose it, is to become a silent partner to its continuance."**

A passage from the poison-laced letters sent to two U.S. politicians, signed "KC, and I approve this message."

testing to verify the results.

With Americans anxious for a break in the bombing case, information was being leaked to the media at a furious speed.

At one point mid-afternoon, The Associated Press cited an anonymous law enforcement official as saying an arrest was imminent. Other officials shot down that report.

CNN went further, saying an arrest had been made. Several news outlets said investigators had identified a suspect from a surveillance video.

CBS News, meanwhile, reported that the bomber was on the phone when he dropped off



Investigators comb the scene of one of the blast sites at the Boston Marathon. JULIO CORTEZ/THE ASSOCIATED PRESS

a second bomb-filled backpack. The network reported cell-phone records resulted in the suspect's identification.

But NBC reported police had a face, not a name, of someone

dropping off a black bag, based on the surveillance video.

A courthouse in Boston was evacuated amid conflicting reports that a suspect was in custody inside. The U.S. Marshals

Service said it was cleared out due to a bomb threat.

Reports of suspicious packages and envelopes were also made in two Senate office buildings. **THE CANADIAN PRESS**

## Misinformation

## Leaks rattle authorities

The FBI and the U.S. attorney's office in Boston were reportedly startled by the flood of media leaks. The FBI released a statement disputing some stories, but didn't specifically say which ones except those describing an arrest in the bombing case.

"Over the past day and a half, there have been a number of press reports based on information ... that has been inaccurate," the FBI said.

"Since these stories often have unintended consequences, we ask the media ... to exercise caution and attempt to verify information through appropriate official channels."

## Think or act? Trudeau, Harper spar over bombing

Terrorist attacks like the one at the Boston Marathon should prompt manhunts, not soul searching, Prime Minister Stephen Harper said Wednesday in a thinly veiled jab at his new Liberal rival.

"When you see this type of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes," he said.

"You condemn it ... and to the extent you can deal with the perpetrators, you deal with them as harshly as possible."

Harper's comments appeared to be a direct rebuttal to a CBC interview with Justin

Trudeau.

"We have to look at the root causes," Trudeau said. "There is no question that this happened because there is someone who feels completely excluded. Completely at war with innocents. At war with a society. And our approach has to be, where do those tensions come from?"

In response to Harper's criticism, Trudeau said Wednesday: "I really hope that Mr. Harper rethinks the extent and the lengths he's willing to go to personally attack people and to politicize tragedies like that."

**THE CANADIAN PRESS**

## Bombing vs. drones

## Iran calls outrage a double standard

Ayatollah Ali Khamenei, Iran's top leader, on Wednesday condemned the bombing attack in Boston, but chided the U.S. for employing a double standard when it comes to drone attacks that kill innocent civilians.

**THE ASSOCIATED PRESS**

## United Kingdom

## TV channel pulls terrorist satire

A British TV channel is pulling a comedy about a group of hapless terrorists planning to attack the London Marathon from its schedule in the wake of the Boston bombings. Film4 was planning to air the movie *Four Lions* next Monday. **THE ASSOCIATED PRESS**

# Cheery and bright student snuffed out in her prime



Lu Lingzi, a Boston University grad student and the third victim of the marathon explosions. FACEBOOK

Less than 24 hours before she died, Lu Lingzi sent an exuberant email to a professor after learning she had passed part of a major final exam.

"I am so happy to get this result!" she wrote. "Thank you very much."

Lu, 23, was killed Monday during the Boston Marathon explosions, according to a statement from Boston University (BU). She was a graduate student studying mathematics and statistics and was scheduled to receive her degree in 2015.

Lu was at the race with two friends from BU. One, Danling Zhou, was injured, had surgeries Monday and Tuesday and is in stable

condition at Boston Medical Center, the school said in a statement.

On Monday morning, Lu put the finishing touches on a group research project she was planning to present at a statistics conference.

She also posted a photo of the "wonderful breakfast" she ate the morning she died.

Lu was a vivacious chatterbox who had lots of friends on campus, said Tasso Kaper, chair of the math and statistics department.

"The word bubbly — that's kind of a corny word — but that describes her very well," Kaper said.

She was described as an exceptional student and bright young scientist at Boston University, where she had been enrolled for about a year.

Lu's closest friends in Boston did not learn that she had been killed until Tuesday evening, when they were informed by faculty members. **THE ASSOCIATED PRESS**

## Mourning in China

## "I saw her grow up ... but a loud bang has changed everything."

Zhang Xinbo, Lu's former neighbour in Shenyang, in a blog post.



# Iron Lady laid to rest in a grand funeral

## Margaret Thatcher.

Some camped in a field to be there; mourners included the Queen and reps from 170 countries

Margaret Thatcher was laid to rest Wednesday with prayers and ceremony, plus cheers

and occasional jeers, as Britain paused to remember a leader who transformed the country — for the better according to many, but in some eyes for the worse.

A sombre crowd lined the normally buzzing streets around parliament, contained behind temporary fences and police lines, waiting to see catch a glimpse of Thatcher's coffin. The coffin was put on

a gun carriage for the road to St. Paul's Cathedral.

Soaring hymns, biblical verse echoed under the dome of St. Paul's as 2,300 relatives, friends, colleagues and dignitaries attended the ceremonial funeral. Bishop of London Richard Chartres spoke of the strong feelings Thatcher still evokes.

KIERON MONKS/METRO WORLD NEWS  
WITH FILES FROM THE ASSOCIATED PRESS

## Still controversial after all these years

Margaret Thatcher — the 'Iron Lady' — brought major change to Britain during her 11-year tenure from 1979 to 1990, privatizing state industries, deregulating the economy, and causing upheaval whose impact is still felt. She died April 8 at

the age of 87.

- Her funeral's \$15 million cost proved controversial, and a small anti-Thatcher group turned their backs on the carriage. Others countered with flowers.



Mourners react as Margaret Thatcher's coffin passes.

CARL COURT/THE ASSOCIATED PRESS

## China

### Deaths of 530 pigs and dogs investigated

Hundreds more pigs have been found dead in China — this time together with dozens of dogs.

A total of 410 pigs and 122 dogs were discovered earlier this week in central Henan province. It's suspected the deaths had to do with chemical factories which have been ordered to suspend production.

THE ASSOCIATED PRESS

## 'Name and shame'

### Syria's army accused of sexual war crimes at UN

The UN Security Council on Wednesday heard accusations that Syria's army, intelligence agency and a pro-government militia are sexual war criminals for rape and assaults on women and children, along with the al-Qaida movement in Mali.

The "name and shame" tally was in a UN report.

THE ASSOCIATED PRESS



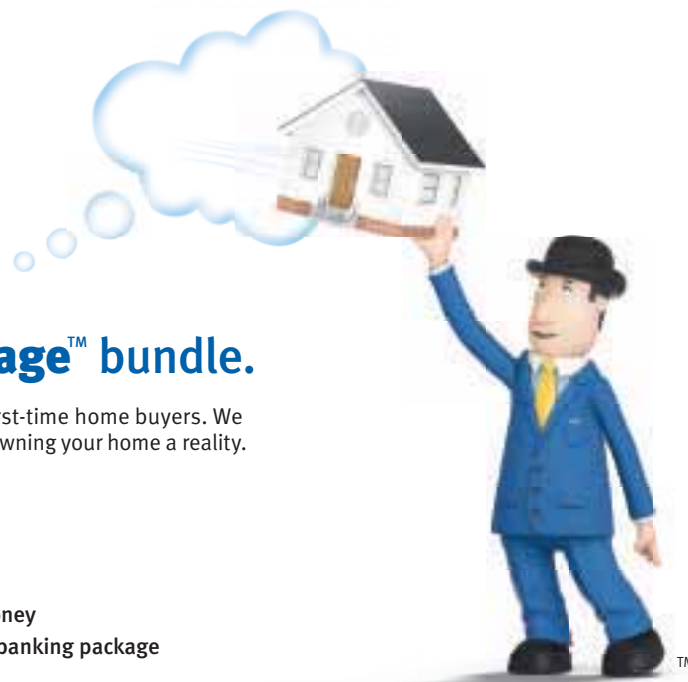
## Quake's painful aftermath

A Pakistani nurse treats an injured girl evacuated from an earthquake affected area, Wednesday, at a military hospital in Quetta, Pakistan. The country evacuated 16 seriously injured people after 36 were killed and thousands of Pakistanis left homeless following this week's quake. INTERSERVICES PUBLIC RELATIONS/THE ASSOCIATED PRESS



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**You know you want it:** Wearable computing devices like the Pebble smart watch and Google Glass are expected to explode in popularity over the next year and could become the norm within a matter of years, tech analysts say.

THE ASSOCIATED PRESS/GETTY IMAGES/FILE PHOTOS

# So long smartphone, hello smart watch?

**Tech trend.** Some wearable computing gadgets could have mass appeal, observer says

Using wearable computing devices like smart watches and smart glasses will appeal to consumers as an alternative to pulling out their smartphones, say technology experts. You'll be

able to respond to text messages or emails and make phone calls without reaching for your phone, said Info-Tech Research Group's Mark Tauschek.

"If you've got a smart watch on your wrist or you're wearing Google Glass, you're going to get those notifications on your wrist or in your eye so you don't have to reach into your holster or pocket or purse or whatever to grab your smartphone," Tauschek said. **THE CANADIAN PRESS**

## Smart watches

- Smart watches such as Pebble, I'm Watch and Martian use Bluetooth technology to pair with smartphones, and do some of their work.
- Apple, Google and Samsung are also reportedly pursuing smart watches.

## Tax or tariff? Bike shop owner feels deceived by budget announcement

The owner of an Ottawa bicycle shop where Finance Minister Jim Flaherty last year trumpeted the benefits of his budget says he feels misled. Despite what the federal Conservatives say, they are raising consumer taxes by increasing tariffs on goods imported from dozens of countries, Jose Bray told a news conference at his Joe Mamma bike store on Wednesday.

"It was a little misleading and I think calling it a tariff and saying we're not raising taxes is trying to pull the wool over the eyes of the consumer," he

said. "I feel misled more than anything." Bray's shop was the backdrop last October for a Flaherty news conference, where the minister announced measures to be included in his 2012 omnibus Budget Implementation Act.

Flaherty said then he would not raise taxes and would give small businesses a tax credit. But the Conservatives have increased taxes, said Bray, by way of the tariffs, which will increase prices for a number of consumer products, including bicycles. **THE CANADIAN PRESS**



Finance Minister Jim Flaherty appears at Joe Mamma's bicycle shop in Ottawa on Oct. 18, 2012, to trumpet the benefits of his budget. **THE CANADIAN PRESS FILE**

## Protectionism

### Feds should open Canada's skies to foreign carriers: Consumer group

The Consumers' Association of Canada is calling for the federal government to allow more competition from foreign airlines. The group says Canada's current policy protects the dominant domestic airlines and limits consumer options. "Consumers want choice and competition for their travel dollar," association president Bruce Cran said in a statement.

**THE CANADIAN PRESS**

## United Arab Emirates

### Dubai police add Ferrari to fleet

Seems Dubai police have a thing for Italian speed: They're making preparations to have a nearly \$250,000 US Ferrari join an even pricier Lamborghini as the flagship flash of its fleet. Dubai plans to have the two ultra-cars roll through tourist zones in yet another expression of the city's endless pursuit of glitz.

**THE ASSOCIATED PRESS**

## Health care

### Doctors flee Puerto Rico for U.S. mainland

Going to the doctor in Puerto Rico has for years often meant getting in line. Now, it might mean getting on a plane. A medical exodus is taking place in the Caribbean territory as doctors and nurses flee for the U.S. mainland, seeking higher salaries and better reimbursement from insurers — and many of their patients are now forced to follow. **THE ASSOCIATED PRESS**

## Market Minute

|                                       |  |
|---------------------------------------|--|
|                                       | <b>DOLLAR</b><br>97.41¢ (-0.58¢)       |
|                                       | <b>TSX</b><br>11,947.29 (-172.64)      |
|                                       | <b>OIL</b><br>\$86.68 US (-\$2.04)     |
|                                       | <b>GOLD</b><br>\$1,382.70 US (-\$4.70) |
| <b>Natural gas:</b> \$4.20 (+4¢)      |  |
| <b>Dow Jones:</b> 14,618.59 (-138.19) |  |

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# CLEAN? OVER MY DEAD BODY

Ah, spring! That magical time of year when a single man's fancy turns to removing items from the refrigerator that are branded "Official sponsor of the Vancouver Olympics."

Yes, it's time for spring cleaning.

According to a Wikipedia entry that I just wrote, spring cleaning as a modern ritual dates back to the 1920s with the annual cleanup at the Slinky factory in Ohio, where workers would clean the toy springs top to bottom in time for autumn inspection.

This adjectival misunderstanding led people to dust, mop and organize their homes every spring as the weather warmed, which was convenient because those sexy outfits that maids are always wearing are terribly nippy in the winter.

The event caught on and now almost everybody does it. Even I take part in spring cleaning, despite the fact that I practise a special bachelorhood religion that considers dust bunnies sacred.



HE SAYS

**John Mazerolle**

metronews.ca

Which leads to a tricky question: Why do I do it?

God knows I don't make it easy on myself. I believe in a challenge, which is why spring cleaning is what I like to call "the only time I clean all year." Less concise, more accurate.

For most of the year, I just look around as I'm leaving for the day and think, "If I died today, would I be mortified when people open my apartment?"

In other words, my place has to be so disgusting that I would feel shame from beyond the grave. If there are no creatures with eyeballs living in the apartment and no need for the gag reflex, I'm usually satisfied. So spring cleaning is, like me, kind of a big deal.

I start by dusting the dust off the duster, taking the mothballs out of the mothballs and cleaning up the cleaners. Fully armed, I tackle the household from eye-level to bottom.

I even wash the dishes, instead of my usual ritual of draining

the water and resoaking repeatedly in hopes that the dishes will dissolve. If anyone ever invents a water-soluble, one-use frying pan, I'll be first in line — every morning.

Tackling the bathroom is also key. Usually there are so many pairs of underwear on the floor it looks like Judgment Day came and God took up only people who were mid-orgy.

Then there's the fridge, which doubles as a Grade 4 science project missing only the Bristol board that says "mould" at the top. The vegetable crispier (total misnomer) is often vegetable soup, and the multiple milk cartons in the door are like a retrospective: "The Best Before Dates of 2012."

But I still go through with the cleanup. Why? Basic hygiene? Goodness, no.

It's because it feels like a chance at new beginnings. I can wipe the slate clean, dust off my dreams and wash away the memory of that night I woke up on the living-room floor with a half-eaten junior bacon cheeseburger in my pocket. Like a New Year's resolution reprise, spring cleaning is a chance to "start clean."

That way, the carpet won't be dirty when it happens again.

## ZOOM

### A six-legged robot — take a hike!



ALICK COTTERILL/REX FEATURES

#### Behold, the largest hexapod robot in the world can walk

Meet Mantis, the six-legged walking machine. The menacing robot claims to be the biggest all-terrain operational hexapod robot in the world.

Designed and built in Winchester, Hampshire,

south England, after four years of research and development, it is the brainchild of Matt Denton, founder and chief designer of Micromagic Systems.

The robotic device can be piloted from within the cockpit or remotely using Wi-Fi technology. It's available now for private hire, custom commissions, events and sponsorships.

METRO

#### Q and A

#### Creator inspired by Star Wars movie



**MATT DENTON**  
Founder of Micromagic Systems

**What inspired you to make this?**

It started at a young age while watching sci-fi films such as Star Wars: The

Empire Strikes Back. Seeing those imposing AT-ATs walk across a snowscape got me fascinated with the concept of using legged locomotion on vehicles. This ultimately led me to working in the film industry within animatronics.

I built my first hexapod robot back in 2001, it was about 30 centimetres long. I guess the Mantis was a natural progression. METRO

#### Clickbait

**Because your Twitter feed can never have enough sarcasm, here are a couple of 'celeb' parody accounts to follow if you want to spice up your daily intake of hilarity.**

#### @WonkaTweets:

Gene Wilder is back in a condensed, 140-character version of Willy Wonka. He makes fun of the next generation while cracking jokes with gems like, "I bet when cheetahs race and one of them cheats, the other one goes, 'Man, you're such a cheetah!' and they laugh and eat a zebra or whatever."

#### @DRUNKHULK:

As the name suggests, this Twitter parody account is your favourite Marvel Comics character who drunk tweets in an all-caps, first-person, poor-grammar style. One of his latest: "5.5 TONS OF NUTELLA STOLEN IN GERMANY! SOMETIME IT FEEL LIKE DRUNK HULK NOT LIVING UP TO FULL POTENTIAL!"



#### Letters

#### RE: Preschoolers Who Drink Low-Fat Milk More Likely To Be Overweight, published March 25

This is a story of another industry lie like the tobacco and sugar industry.

The dairy industry has promoted low-fat as good for your health, but actually it is good for their bottom line because they can extract more cream to make more products.

The simple science is: All that is left in the milk after the "fat" cream is removed is the sugar (lactose) so when you drink this "healthy" product you are just adding more sugar to an overloaded, Western, sugary diet. The little fat left in the three per cent milk actually works to reduce and slow the sugar uptake, and adds

more food value to the milk, which is healthier. One day, hopefully, all these lies will be shown: the sugar poison, the fat-free, high-sugar products.

I don't buy organic, I'm just concerned about the poor Western diet and the lies we are told. **44fourty posted to metronews.ca**

#### RE: UBC Study Reveals Most People Don't Know A Woman's Eggs Are As Old As She Is, published March 27

This article left me feeling depressed. I'm 34 years old, and not even close to having children, even though I dream of having few.

It's a grim reminder of how quickly life passes, and the pressure we women are under. **Agnieszka Jeglinska posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)

## SCENE 2

## Forest City's day of record-ing

**Record Store Day.**

Saturday to be a celebration of indie shops as cultural hubs

**BACKSTAGE PASS**

Mila Petkovic  
london@metronews.ca

One of the highlights of Record Store Day is hopping between downtown shops to catch the free in-store performances rocking the scene all afternoon.

"We feature a lot of local musicians," says Troy Hutchison, co-owner of Grooves Records.

Record Store Day, taking place Saturday, celebrates independent stores and the cultural hubs they often become.

"It's kind of like a church for record fans," Hutchison says with a laugh. "People come in and chat about music all day, flip through the albums and look at the artwork."

The stores serve an important role, says Mike Bott, co-owner of Hot Dog Musique and Cinema.

"We do our best to serve and help educate the community about the value of music, regardless of any sort of return on our investment," he says.

"I think, in contrast, that the mall stores or corporate chains push the mainstream commercial agenda, and it's boring and uninspiring."

Saturday's lineup at Hot Dog (256 Richmond St.) is anything but uninspiring, featuring a long list of innovative musicians, including London-based Timothy Glasgow at 6 p.m.

Glasgow is a well-known audio engineer who designed



Yukon Blonde performs at Grooves Records (353 Clarence St.). Saturday's Record Store Day will feature in-store performances from several bands.

CONTRIBUTED/MELISSA PARROTT

**Around town**

- **Tunes.** The Danks, Illitry and Pick a Piper (drummer from Caribou's project) are playing the APK (347 Clarence St.) on Friday. Doors open at 9 p.m. Tickets are \$6.
- **Poetry.** The London Poetry Slam finals have arrived.

Poets will hit the mic Sunday to compete for spots on the team that will represent the city at the Canadian Festival of Spoken Word. The event's at 7 p.m. at the Palace Theatre (710 Dundas St.). Tickets are \$10.

Giant Studio for Metric in Toronto. He will play the theremin, an early electronic instrument controlled without any contact from the player.

The Hot Dog lineup also includes Tires at 1 p.m., Billy Christopher at 2 p.m., Curb at 3 p.m., Suangi at 4 p.m., New Zebra Kid/Quinn Read-Baxter

at 5 p.m. and Carl Didur at 7 p.m.

Over at Grooves (353 Clarence St.), Noise Level will take the stage at noon, Dragville at 1 p.m., I Smell Blood at 4 p.m. and Say Domino at 5 p.m.

Music sets will be punctuated with games, contests, prizes, free food, drinks, sales and exclusive releases.

"There are hundreds of titles being pressed on vinyl just for that day," Hutchison says. "It brings a lot of big collectors in."

Some special releases available at Grooves are Wig-

wam by Bob Dylan, featuring two previously unreleased songs, and a reissue of River of Deceit/I Don't Know Anything by Mad Season (featuring members of Alice in Chains, Pearl Jam and Screaming Trees).

"It's going to be a real fun vibe," Hutchison says.

"It's kind of like a family reunion in a way, because folks we haven't seen in a while wander back in on Record Store Day."

Other stores participating include Speed City Records, Sunrise Records and The Beat Goes On.



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# Meet Morgan Freeman, the superfan

**New movie.** The iconic actor only needed to hear that Tom Cruise was starring in *Oblivion* to make him want to take part

**TODD GILCHRIST**  
Metro World News

In *Oblivion*, Morgan Freeman plays Beech, the leader of a group of guerrilla soldiers fighting against Tom Cruise and his scientist-soldier companions for the fate of a post-apocalyptic Earth. But keeping in line with his previous roles as the leader of the free world and even God himself, Freeman's own hopes for what our future would look like are pretty peaceful and pastoral.

"We would all live in trees," the actor explains. "We would walk wherever we went. The planet would be rejuvenated. We wouldn't be killing off all the animals just to feed us."



Tom Cruise, left, and Morgan Freeman face off in *Oblivion*. UNIVERSAL PICTURES/THE ASSOCIATED PRESS

*Oblivion* marks the first time that Freeman has worked with Cruise, and in spite of being the sort of actor others clamour to share the screen with, he admits that he was swayed by the possibility of their collaboration.

"If I was going to be a truck driver hauling supplies (for this film), I would have taken the job," Freeman says. "I'm one of his huge fans — I have been one for I don't know how many years."

He admits that the role

of Beech was initially less substantial in the script, but the prospect of working on something with such an enormous scale — and with an enormous star — proved too irresistible to pass up.

"If you compare the script

## The Cruise effect

**"The movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong"**

Morgan Freeman  
Talking about working with Tom Cruise.

to the movie, they don't compare," he admits. "But I was excited by the script (and) the movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong."

At 75, Freeman has tackled virtually any challenge an actor might face. But he insists that the ever-changing nature of his work is what helps him maintain enthusiasm for his profession, his art.

"I enjoy it every single day," Freeman insists. "I was born to do this. It's not like I have to get up every morning Monday through Friday and go to a job. A movie begins

and it ends in a relatively short period of time, so in a given period of time — let's say a year — you can have three, four or five different experiences, which is kind of exciting."

That variety of experiences had made him not just a star, but an icon — and a beloved public figure. But Freeman says he's come to terms with the responsibilities of celebrity-hood, even if his priority remains the work itself.

"One of my movie heroes, Humphrey Bogart, was asked a question about pictures, autographs and the public," Freeman remembers. "Bogart said, 'I don't owe the public anything but a good performance,' and I tried to take that to heart, but not quite so. You can't quite get away from it."

"I don't do autographs," he explains. "They are a waste of time. But touching someone's hand, hugging a beautiful lady? All of that works out very well. So I think I owe the public a little bit more than just a good performance. I owe them just a little bit of my time — if I'm cornered."

# Quinto trying to do some 'tangible' good

**Charity work.** When he's not saving the Earth from aliens, he's trying to save us from ourselves

Zachary Quinto might be headed into other worldly places this summer in *Star Trek Into Darkness*, but he says a social issue that's near and dear to him is taking care of the Earth.

He turns off the water when he is brushing his teeth and shaving, and unplugs all his chargers when they are not in use. It's the little things that are going to add up, he said in a phone interview.

Quinto is serving with Alanis Morissette as Kiehl's Earth Day ambassador in the beauty brand's fifth year working with Recycle Across America. The effort aims to standardize recycling labels and collect empty grooming-product jars, and Quinto de-



Zachary Quinto has become an Earth Day ambassador.  
CHRIS PIZZELLO/THE ASSOCIATED PRESS

signed a limited-edition label for facial cream that serves as a fundraiser.

"I felt inspired by this organization. It's trying to make a tangible difference. Sometimes part of the challenge of getting involved in a cause is when it's abstract," Quinto said.

Not that charities and causes aren't asking. Quinto, also a star of TV's *Heroes*, said

he can feel his celebrity on the rise in the number of requests he's getting to use his name and attend events. For him, though, the connection has to make sense, he said, ticking off elder care, animal welfare and Hurricane Sandy recovery as other issues that he supports. "I try to be judicious and I don't want to be ubiquitous," he said.

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Tracy Moore and Brian Gluckstein finding some magic in the Disney Kingdom. HANDOUT

## When you wish upon a star dreams come true

**Winning.** Rogers, Cityline and Breakfast Television team up with Disney and WestJet in the biggest contest of its kind

**VAWN HIMMELSBACH**  
scene@metronews.ca

There's winning a trip — and then there's winning a trip with your family to Disney, being treated like a VIP from the moment you set foot in the airport and having a chance to win prizes that money can't buy while hanging out with on-air personalities on live television.

It's the biggest contest of its kind offered by Rogers Media, Cityline and Breakfast Television in partnership with Disney Parks and WestJet Vacations. City gave away a total of 32 vacation packages, including return airfare to Orlando, accommodations at Disney's

### Broadcast details

Cityline will air from the Magic Kingdom on April 23 at 9 a.m. ET on City

- **Dates.** Breakfast Television Toronto will broadcast two shows from the Magic Kingdom on April 22 and 23 from 5:30 to 9 a.m. ET

on City

- **Broadcasts.** Breakfast Television in Vancouver, Calgary, Edmonton and Winnipeg will air live segments throughout their regular broadcasts on April 22 and 23 on City

Magic Kingdom, a \$600 US Disney gift card and theme park passes. The winners will be taking over Disney World in Florida on Apr. 22 and 23 — and viewers will get a chance to share the excitement and even win a trip.

But what makes this contest different is that winners will be given an opportunity to compete, on air, for prizes that money can't buy, said Kevin Forget, producer of Breakfast Television Toronto, adding that you have to watch the shows for details on the prizes.

The party will start from the time they check in at the

airport, where they'll receive "teal" carpet treatment from WestJet, said Jordan Schwartz, vice-president of in-house productions with Rogers Media. They'll also get to experience the park before it opens to the general public, spend time with on-air personalities from across Canada and take part in live broadcasts. And, for viewers, there will be plenty of entertainment from Canadian TV hosts and guest experts.

Dreams could still come true for viewers at home, who have a chance to win a prize pack from Disney and WestJet during the live broadcasts.

### Online extras

### Behind the Disney curtain

**ELISHA DACEY**  
Metro Winnipeg

When I told my five-year-old she was going to Disney World, there was stunned silence. Then a gasp. Then a party broke out in our kitchen.

Thanks to the kind folks at City, WestJet and Disney, myself, my husband, Andy, and my Bean are going to Disney World in Orlando for five days next week as part of the City in Disney event. I plan to write about some Disney tips and tricks — stories you'll only be able to find on the Metronews.ca website. It will include exclusive behind-the-scenes looks at what it takes to put a TV show together in Disney.

**Elisha Dacey is the managing editor of Metro Winnipeg. Follow her on twitter @elishadacey.**







Miley Cyrus and Liam Hemsworth. PHOTOS: GETTY IMAGES

## Billy Ray Cyrus hints Miley's engagement may end in achy, breaky hearts

If how Billy Ray Cyrus went about writing his new memoir, *Hillbilly Heart*, is any indication, he's not that optimistic that daughter Miley Cyrus and her fiancé, Liam Hemsworth, will make it to the altar.

"I know as I was writing the book I wanted to keep that particular moment as open-ended as possible. I didn't know the answer,"

Billy Ray tells ABC News.

"They're young, they're kids. The great news is, they're great friends. They're really, really good friends."

As for their chances of seeing their wedding reception? "I don't know, I really don't," he says.

"I play it by ear and I know whatever is meant to be, that's the way it's going to happen."

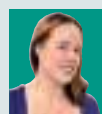
# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Rihanna's Diamonds tour losing its shine



THE WORD  
Dorothy Robinson  
scene@metronews.ca

What is going on with Rihanna?

Rihanna's *Diamonds* World Tour, which kicked off March 8th, isn't going off exactly as planned.

The singer has already cancelled three concerts — Baltimore and Boston last month and Houston on Monday. Her promoter Live Nation confirmed only that the cancellations were "as a result of illness" but did not say what was wrong with the star. When she cancelled the Boston show, she tweeted

fans that morning, saying: "(Boston) this is the hardest thing for me to deal with! I feel like we've been waiting on this day forever, and I'm hurt that I let you down. ... I hate disappointing people that never ever let me down!! I'm so embarrassed about this! Thank you for your prayers and well wishes!"

Her camp is claiming "laryngitis" but the tabloid press is claiming "pregnant." TMZ.com spotted the singer, covered up in a baseball cap and sucking on a lollipop, leaving a medical building on Tuesday. If you checked out the singer's Instagram, you will see she is a connoisseur of the green stuff. So maybe if she laid off the pot? Perhaps that would help this whole "laryngitis" issue. I know it would definitely help this possible "pregnancy" situation.



Macaulay Culkin

## Paparazzi leave Culkin a sulkin'

Macaulay Culkin isn't having that great of a stay in London, if his run-ins with the paparazzi are any indication.

The former child star first seemed perturbed by the photographers' presence while checking into his hotel, the Budget Ibis. Tensions boiled over while Culkin was

leaving nightclub the Haunt after joining pal Adam Green on stage, according to E! News.

Culkin reportedly launched himself at a paparazzo and began attacking him, telling him to go to hell.

It's unclear what set the actor off.

## Twitter



@ABFoundation  
I am pretty bad at yoga.



@mindykaling  
Back when I resided in the United States I lived in a little Spanish casita w/a fountain. Wonder if the new inhabitants enjoy the gurgle



@justinbieber  
Up watching funny YouTube vids. What r some good ones?

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SHOPPERS  
DRUG MART

Jeans are the easiest thing to wear during spring's rainy season of transitional weather. We take styling tips from seven stylish everyday women spotted around the world.

KENYA HUNT  
Metro World News

## The idea: Polish the tomboy up

**Styling tip:** Chiara Totire (pictured right in Milan) expertly nails the contrast mixing that's so popular right now. This is because she doesn't overdo it. Mix one feminine detail, such as the simple bit of lace on her Jil Sander beanie, into an otherwise masculine look.

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\$25, ASOS.COM



## The idea: Bring those old school high tops back

**Styling tip:** Lately, when we see a pair of sneakers in a fashion story, it's the neon Nike Free or primary coloured New Balance. But the classic high top (and we're not talking about those trendy Isabel Marant wedge ones) has been overlooked. Londoner Bryona Hayne's sporty look makes a good case for fixing that.

NIKE SNEAKERS  
\$112, NIKE.COM



## The idea: Day-to- night means dressing down

**Styling tip:** Speaking of contrast, check out how Rajni Jacques's polished tailoring neatens up the New Yorker's otherwise badass grunge look, showing a new side of day-to-night dressing. Because sometimes, the after-work socializing happens in a dive bar and not a swanky gallery opening.

BOUTIQUE BOYFRIEND BLAZER  
\$300, TOPSHOP.COM



# 7 new ways to wear denim

## The idea: Take your double denim to another level

**Styling tip:** Like head-to-toe black or white, double denim is the perfect blank canvas to dress around. The possibilities are endless, but we especially like the idea of using double denim to show off bold outerwear and accessories the way Candela Novembre (top) of Milan does. And can you spot the tomboy and girly elements here?

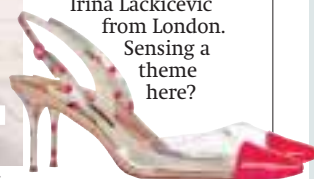
WHISTLES  
LEOPARD PRINT PARKA  
\$206, WHISTLES.CO.UK



## The idea: Give the girly girl an edge

**Styling tip:** Pink, the most saccharine of colours, suddenly gets major bite when paired with boyfriend jeans and a fisherman's sweater. And let us draw your eye to the navy blue nails on Irina Lackicevic from London. Sensing a theme here?

SOPHIA WEBSTER  
SLINGBACKS  
\$395,  
NETAPORTER.COM



SOPHIE HULME  
TRENCH WITH LEATHER SLEEVES  
\$805, STYLEBOP.COM

## The idea: Take the wide legs out of the '70s

**Styling tip:** Steer clear of going too literal and disco-y by balancing the retroness of the jeans with a contemporary silhouette on top. Pay close attention to the length of Brit Kimberly Carroll's jeans. You don't want them dragging on the ground.



## The idea: Put the ripped bits up top

**Styling tip:** We expect to see rips and tears on the legs (preferably just above or below the knee.) Give an element of surprise by wearing the distressed bits up top, pairing a ripped knit with a pristine pair of dark blue jeans the way Anouki Areshidze in Milan does here.



LNA  
SLASHED SWEATER  
\$145, LNA.CLOTHING.COM





# Heat up your next dinner party with easy Thai Pork Skewers

## Ingredients

- 1 pork tenderloin, trimmed (about 1 lb/450 g)

## Marinade

- 2 tbsp packed brown sugar
- 2 tbsp chopped fresh cilantro or parsley
- 2 tbsp lime juice
- 2 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 tbsp sodium-reduced soy sauce
- 1 tsp Thai red curry paste

## Peanut sauce

- 1/3 cup natural peanut butter
- 1/3 cup coconut milk
- 2 tbsp lime juice
- 1 tbsp sodium-reduced soy sauce
- 1 tsp packed brown sugar
- 1/2 tsp hot pepper sauce

"This curry-scented marinade uses only a bit of Thai red curry paste, but an opened jar will keep in the fridge for up to one year," write the editors of Canadian Living in The Appetizer Collection. "Try the luscious peanut sauce on grilled chicken as well."

**1. Peanut sauce:** In food processor, blend together peanut butter, coconut milk, lime juice, soy sauce, brown sugar and hot pepper sauce until smooth. Pour into bowl; cover and set aside. Cut pork into 26 8-by-1-by-5mm strips.

**2. Marinade:** In large bowl, whisk together brown sugar, cilantro, lime juice, garlic, ginger, soy sauce and curry paste; add pork, tossing to coat. Cover and refrigerate for 4 hours. (Make-ahead: Refrigerate peanut sauce and pork separately for up to 24 hours. Bring sauce to room temperature, thinning with water, if desired.)



This recipe makes 26 pieces. RYAN SZULC/CONTRIBUTED

**3. Thread pork** onto small metal or soaked wooden skewers; place on broiler pan or foil-lined rimmed

baking sheet. Broil, 15 cm from heat and turning once, until lightly browned and no longer pink inside, about 6

minutes. Serve with peanut sauce for dipping.

RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION

## Cookbook of the Week

### Get the party started with these tasty appetizers

Take the stress out of hosting a party with The Appetizer Collection from the experts in The Canadian Living Test Kitchen.

Chapters include dips and spreads, hot appetizers, savoury pastries, tiny sandwiches, cold appetizers, snack mixes and drinks. To make entertaining easy, helpful tips on party planning are also tucked into each chapter. Meanwhile, handy guides help you figure out how much food to make, how many drinks to provide and efficient ways to prep. **METRO**



# This savoury strudel is sure to impress

## Feta Spinach Strudel Bites



This recipe makes 36 pieces. YVONNE DUIJVENVOORDEN/CONTRIBUTED

**1. Filling:** In skillet, heat oil over medium heat; fry onion and garlic, stirring often, until softened, about 5 minutes. Scrape into bowl; let cool. Squeeze moisture from spinach; chop finely and add to bowl along with Romano and feta cheeses, egg, roasted red pepper, dill, pepper and nutmeg. Stir to combine.

**2. Place 1 sheet** of the phyllo on work surface, covering remainder with damp towel to prevent drying out. Brush

lightly with some of the butter. Top with 2 more phyllo sheets, brushing each with some of the remaining butter.

**3. Leaving a 2.5 cm border** on each end, spoon about 1 cup of the spinach mixture along 1 long side; fold ends over filling. Roll up to form log.

**4. Place, seam side down,** on baking sheet. With sharp knife, score top through phyllo to make 12 servings. Repeat with remaining phyllo

and filling and some of the remaining butter. (Make-ahead: Cover with plastic wrap; refrigerate for up to 24 hours. Or freeze in airtight container for up to 2 weeks. Bake from frozen, increasing baking time by 5 minutes.)

**5. Brush with remaining** butter. Bake in 400 F (200 C) oven until golden, about 25 minutes. With serrated knife, slice along score marks.

RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION

## Ingredients

- 9 sheets phyllo pastry
- 1/2 cup butter, melted
- Filling**
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 pkg (10 oz/300 g) frozen spinach, thawed
- 1 cup grated Romano cheese
- 1 cup crumbled feta cheese
- 1 egg, lightly beaten
- 1/4 cup diced, drained, jarred roasted red pepper
- 3 tbsp chopped fresh dill (or 2 tsp dried dillweed)
- 1/2 tsp pepper
- Pinch nutmeg

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# Invite the sea into your home

It's not often that I subscribe to a heavily-themed decorating style. And although industrial-chic and hotel-style have fared pretty well as a specific decor theme, it's time to soften up the looks and introduce a summer style, dedicated to water and sand. Sea-side living-inspired-decor themes are popping up everywhere, and from tradition to modern, this nautical theme might just be what jump starts us into summer.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

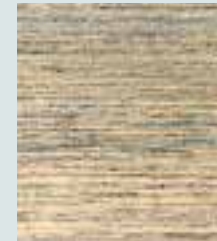


## Rope Knot Table Lamp Base, \$190

Nautical manila rope is tightly twisted and knotted to create a textured lamp base for a seaside look. potterybarn.com.

## Towels \$11, Monograms \$7

Handwoven in pure cotton, the Herringbone hand towels make a personalized statement when monogrammed. westelm.com.



## Bollywood Custom Rug

Hand woven in India from recycled saris, this all-silk rug's colours reminds us of the water and sand. urbanbarn.com.

## Yacht Club Cushion, \$20

Sail away to France with blue and white accent pillows. simons.ca.



## Lauren by Ralph Lauren picture frame, \$60



Soft sheen and sea colours from mother of pearl of the sea is trimmed with nickel plated iron. thebay.com.

## Sea Urchin Candle, \$16

The beauty of the sea urchin surfaces in this detailed candle crafted of natural wax rubbed with white highlights. crateand-barrel.com.



## Woven Wicker Drum Lamp Shade, \$63

The textured weave of natural wicker adds an instant summertime look to any lamp base. potterybarn.com.

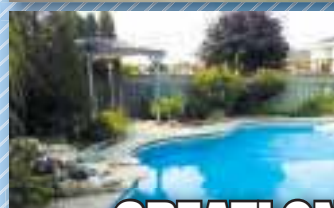


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# Choose a winning team for your purchase

Buying a home can be a confusing and emotional process — even more so if you are a first-time homebuyer. Where do you turn for expert help, support and advice that will ease the stress and make the process go smoothly? A real estate agent is the natural place to start, but the truth is that buying a home really is a team effort. Although the roster might vary depending on your game plan, here are some of the players you might expect to have on your team.

TERESA CHYKOWSKI



JUPITERIMAGES/COMSTOCK/THINKSTOCK

## Real estate agent

Is licensed to negotiate and arrange real estate sales. Agents can show and list properties, and complete listing agreements and purchase contracts. They must know the market value and positive and negative aspects of properties.



ISTOCKPHOTO/THINKSTOCK

## Mortgage specialist

Is employed by a financial institution and can help guide you through and advise you on the range of products that their company offers.



BRAND X PICTURES/THINKSTOCK

## Professional renovator

Is a general contractor, sometimes referred to as a renovation contractor, who can adapt the home to your needs. The renovator will assume responsibility for the work contracted and give you a warranty once it's completed.



ISTOCKPHOTO/THINKSTOCK

## New builder sales rep

Are paid to represent the builder. Due to the high volume nature of new home sales, many builder's agents are paid less than a traditional commission; some earn a salary plus incentives. They can also help you choose the right upgrades.



COMSTOCK/THINKSTOCK

## Real estate lawyer

Acts as "quarterback" for you, ensuring that your closing and all of the related documentation is complete and delivered on time. Typically, you will meet with your lawyer a day or two before closing.



COMSTOCK IMAGES/THINKSTOCK

## Home inspector

Identifies whether a home has any defects. This means they should be fully aware of relevant local ordinances, such as frame construction, electrical and plumbing systems, heating and cooling systems, and the condition of any other structures that are found on the property.

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# Out with the old, in with the newly restored

**DIY ideas.** Clean, sand, paint, stain — restore an old piece into a new gem for your home

If one man's junk is another man's treasure, both those men are probably at the flea market, where beautiful pieces of decor can be hiding beneath chipped wood and old paint.

Robert Kulp and Mike Whiteside of Salvage Dawgs offer some tips on turning junk into treasure through restoration.

## Research and inspect

Check for unusual markings and labels to determine the origin and worth of the piece.

If you suspect it may be an antique, take it to a professional before you work on it. If you start to restore an antique you will ultimately void the piece of any vintage worth.

## Safety first

A safety checklist before



Found an antique? Use a chemical stripper to take off the old finish. ISTOCK IMAGES

you start is a key component when doing DIY projects.

When restoring furniture, be sure to have goggles to protect your eyes from wood or metal scraps, wear

long sleeves, wear a mask when working with chemicals and be sure to work in a well ventilated area.

## Clean before you start

Once you've determined

your plan for the piece it must be thoroughly cleaned before you begin sanding, painting or staining.

You will need to buff it with a vegetable oil-based soap and warm water. Use

a small soft bristle tooth brush if the piece is highly detailed.

Dirt and grime build up over the years and it will need to be removed for a professional look.

## Repair

If parts are broken you will need to repair them or replace them altogether.

Search antique stores because you may get lucky and find a matching chair leg or drawer knob; but chances are you will have to get replacements custom made. Check for loose screws to simply tighten them, or take them out and replace them if they're rusted. Use wood glue for any small breaks and wood putty for small cracks.

## Refinish/repaint

You will need to use both chemical strippers and sanding to take off the old finish. If you are painting the piece, you will need to slightly sand down any ridges.

Before you stain or paint the item, give it another buff to get rid of dust in order to end up with a professional looking finish.

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# Get organized by cutting clutter



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When it comes to getting organized, it can be daunting to walk through each room in your home and look at project after project that needs attention.

Instead of approaching getting organized as one gargantuan task, break up the work into a series of manageable mini-projects. By dividing up the work, you'll feel satisfaction when you complete each task, which will help motivate you to finish the whole job.

Here are some top tricks to cut clutter and get your home looking and feeling organized:

## • Tackle one mess (and one room) at a time

Prevent getting overwhelmed by attacking one room at a time. Dedicate a few hours each week to getting a room sorted and you'll surprise yourself with how organized you feel after a few short weeks.

## • Box it up

Start three piles — store, toss and donate. Go through closets, cabinets and cupboards and start sorting. With the exception of seasonal items (that should be stored in airtight bins when not in use), if you haven't touched an item in over three months, consider getting rid of it.

## • Buy organizers

Organizers are great for use within closets and cabinets. For example, keep kitchen spices readily available with a spice shelf, or hang a shoe organizer behind a closet door to reduce clutter on closet and bedroom floors.

## • Organize entryways

Entryways are one of the most cluttered areas of the home due to lack of space, lots of stuff and traffic. Get shoes off the floor and onto a shoe rack or bin. Place a coat rack or hooks to hang outerwear and umbrellas.

## • Get ruthless

Limit clutter on tables, countertops and flat surfaces by designating spots for things like keys, mail, etc. Keep decor items simple and



Haven't used something in years? Consider donating it. ISTOCK IMAGES

free of dust. Remember, less is more!

Not only does clearing out clutter help you get organized, it's one of the best ways to present your home in a good light. Homes that are cluttered look messy and extra stuff ends up collecting dust, which impacts both air

quality and esthetics.

When you're in the process of preparing to sell your home, organization should be top of mind. Remember, by getting rid of clutter you are in effect de-personalizing your home, which is one of the most critical components of preparing a home for sale.

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# REPAIR AND MAINTENANCE OF YOUR UNIT



THINKSTOCK

It is the landlord's responsibility to maintain a rental unit and ensure that it is in good repair, even if the tenant was aware of problems in the unit before they moved in. However in some cases, the landlord may write into the lease that the tenant is responsible for maintenance.

The tenant is responsible for keeping the unit clean, up to the standard that most people consider ordinary or normal cleanliness. The tenant is also responsible for repairing or paying for any damage to the rental property caused by the tenant, their guests or another person living in the rental unit.

A tenant cannot withhold rent because their landlord isn't properly maintaining their building or unit. If the tenant withholds rent, the landlord can give the tenant a notice of termination for non-payment of rent and then file an application to evict the tenant.

If repairs are needed, a tenant should first talk to the landlord and let the landlord know what the problems are. The tenant should also describe all the problems in writing and give this to the landlord or the person that takes care of these problems (e.g. the superintendent or property manager).

If the landlord refuses to do the repairs or

the tenant thinks that the landlord is taking too long to deal with them, the tenant has several options. See the Board's brochure on Maintenance & Repairs for information about what a tenant might do.

If a tenant files a Tenant Application About Maintenance with the Board, the tenant may also ask to pay some or all of their rent into the Board until their application has been decided. The tenant will have to justify why they should pay into the Board and not pay the landlord directly. It will be up to the Board to determine whether or not to grant the tenant's request.

It is the landlord's responsibility to make sure that the residential complex is kept in a good state of repair, fit for habitation and to comply with any health, safety, housing and maintenance standards. Failure to clear the snow may be a breach of municipal safety, housing or maintenance standards. These standards generally set out that it is the owner's responsibility to make sure that the property can be safely entered and exited. The Act does not deal with this issue. It would be up to a member to decide whose responsibility snow removal is, based on the circumstances presented in the specific application that is filed.

In the case of a mobile home park or land lease community, however, the Act

states that the landlord must remove snow from the roadways.

When a rental unit is offered to a new tenant, the landlord and tenant can negotiate how garbage and recyclable items from the tenant's unit will be collected. Once a procedure is agreed to, it cannot be changed without the consent of both the landlord and tenant.

If a landlord provides heat, the Act requires the landlord to keep the heat to at least 20 degrees Celsius from September 1 to June 15. In addition, many municipalities have their own property standards or bylaws about heat. You should contact your local municipal government to find out if your community has a bylaw that sets minimum standards for heat.

Heat is a vital service. If the landlord is responsible for providing heat and the landlord does not provide heat to the standards, the landlord may be committing an offence. You can call the Investigations and Enforcement Unit of the Ministry of Municipal Affairs and Housing at 1-888-772-9277 or 416-585-7214.

A landlord is not required by law to update a rental unit with renovations like carpeting and painting when a tenant moves in, or after a tenant has lived there for a certain number of years. The landlord is, however, responsible for providing and maintaining a residential complex and the rental units in it in "a good state of repair and fit for habitation." The landlord must also comply with any health, safety, housing and maintenance standards that apply to their property. So, for example, if the carpeting is unsafe because it is badly ripped and might cause someone to fall, the landlord may have to replace or repair it, no matter how old or new it is.

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# MAKE SURE YOUR TENANCY AGREEMENT IS DONE RIGHT



When an agreement between a landlord and tenant begins, landlords must provide information to tenants about the rights and responsibilities of each, the role of the Landlord and Tenant Board and how to contact the board. The board has a brochure called Information for New Tenants that many landlords use. The brochure should be given to tenants on or before the day the tenancy begins.

Information about the landlord's legal name and address must be included in the lease. After the tenant has signed the lease and returned it to the landlord, the landlord then has 21 days to give the tenant a copy that has the signatures of both the tenant and the landlord.

If the landlord does not give the tenant a copy of the signed lease within 21 days or, if there is no written agreement and the landlord fails to inform the tenant of its legal name and address within 21 days, the tenant does not have to pay rent. However, once the landlord provides the tenant with the required document, the tenant must pay back any rent that they withheld. If the tenant refuses, the landlord could seek to evict the tenant for arrears of rent.

A landlord can collect a rent deposit if it is requested on or before the day that the landlord and tenant enter into the tenancy agreement. The rent deposit cannot be for more than one month's rent, or the rent for one rental period, whichever is less. For example, if rent payments are made weekly, the de-

posit cannot be more than one week's rent. If rent payments are made monthly or bi-monthly, the deposit cannot be more than one month's rent.

The rent deposit must be used for the rent for the last month before the tenancy ends. It cannot be used for anything else, such as to pay for damages.

When choosing a new tenant, a landlord can ask the person applying for the rental unit to provide information such as current residence, rental history, employment history, personal references and income information (if credit references and rental history information are also requested). However, the Ontario Human Rights Code has special rules about asking for information about the income of a prospective tenant and landlords must follow these rules.

The code is enforced by the Ontario Human Rights Commission. If you have questions about the rules for requesting income information, contact the commission by phone at 416-326-9511 or toll-free 1-800-387-9080.

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Dennis Seidenberg of the Boston Bruins stands near a projection of the Boston Marathon Memorial Ribbon seen on the ice during pre-game ceremonies at the TD Garden on Wednesday. The Bruins took on the Buffalo Sabres in Boston's first major sporting event since the marathon bombings. JIM ROGASH/GETTY IMAGES

# Security beefed up as show goes on

**Marathon bombings.** Bruins take on Sabres in first major sporting event in Boston since Monday's attacks

Security has been tightened at the TD Garden, where the Boston Bruins played the Buffalo Sabres on Wednesday night in the first major sporting event in the city since the marathon bombings.

Cars were searched inside and out before entering the arena's underground garage in the morning, with guards

using a mirror on a pole to check the undercarriage. Sports writers, usually subject to only the most cursory inspection, were waved with a metal-detecting wand when passing through security for the Bruins' morning skate.

"It brings back memories you don't want," said Bruins forward Jay Pandolfo, who was with the New Jersey Devils during the attacks of Sept. 11, 2001. "It's something you don't want to think about. You want to go ahead with your life. You don't want to live in fear."

Inside the Garden lobby, which doubles as the North

## Quoted

**"We love the city. We want to help in any way we can — if we can give them 10 minutes of joy, or 20 hours of joy — anything we can do."**

Bruins forward Chris Kelly

Station rail terminal, uniformed and plain-clothed police wandered among the commuters. Police cars and motorcycles were lined up on an access road outside.

Garden officials were planning to light the building in blue and yellow, the colours of the Boston Athletic Association, at night. Other plans for

ceremonies and tributes were still being completed, Bruins spokesman Eric Tosi said.

"I'm sure tonight will be full of emotion," forward Chris Kelly said prior to the game. "If we can go play hard to help the city of Boston in any way we can, I know everybody in this locker-room would be willing to do that." **THE ASSOCIATED PRESS**

## MLB

### Joey Bats rides the pine again with sore back

Blue Jays slugger Jose Bautista was held out of the starting lineup for a third straight game Wednesday with a sore back and has not been able to swing a bat since the weekend, manager John Gibbons said.

Usually a right-fielder, the two-time major league home run champion felt sore after starting two games at third base in Kansas City last weekend, moving to the infield after shortstop Jose Reyes severely sprained his left ankle.

Bautista, who is batting .200 with three homers and six RBIs, missed three games earlier this month with a sore right ankle.

**THE ASSOCIATED PRESS**

## CIS

### Nominees for BLG awards announced

McMaster University quarterback and Hec Crighton Trophy-winner Kyle Quinlan is one of four nominees for the Canadian Interuniversity Sport male athlete of the year honour.

The other men's finalists for the men's BLG Award are Saint Mary's hockey player Lucas Bloodoff, Concordia wrestler David Tremblay and soccer player Gagan Dosanjh from UBC.

The female BLG Award nominees include Saint Mary's basketball player Justine Colley, McGill hockey player Melodie Daoust, Guelph rugby player Britt Benn and UBC volleyball player Shanice Marcelle.

**THE CANADIAN PRESS**

# Ruff back behind bench with Team Canada



Lindy Ruff has been named the head coach for Canada's men's hockey team at the 2013 men's world hockey championship. LARRY MACDOUGAL/THE CANADIAN PRESS

The last man to coach Canada to a medal at the men's world hockey championship is back behind the bench.

Hockey Canada has named Lindy Ruff the country's head coach for the 2013 men's world hockey championship May 3 to 19 in Stockholm and Helsinki.

"I said 'I want to coach,'" Ruff said. "You're out of it a short period of time and you miss it. When you look at all the playoff races around and you're sitting on the outside, it's a hard thing to do as a

## Coach for hire

Lindy Ruff was available because the Buffalo Sabres fired him Feb. 20.

- The 53-year-old from Warburg, Alta., was the NHL's longest-serving coach in his 16th season behind Buffalo's bench.

coach.

"I'm excited to get back (to) it. I had two great experiences

working with Team Canada and really want to make this a third. Any time you get around world-class players, it helps you as a coach."

Ruff coached Canada to a silver medal at the 2009 world championship. Canada lost 2-1 to Russia in the final in Berne, Switzerland, and hasn't finished in the top three since then.

Ruff was also an associate coach on Canada's 2010 gold-medal Olympic team under head coach Mike Babcock.

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## Horoscopes

### Aries

March 21 - April 20

Keep things in perspective today. Not everything will go your way and you could even suffer a small financial loss but it's no big deal.

### Taurus

April 21 - May 21

With the Sun about to move into your birth sign you should be looking ahead and planning all the marvelous things you are going to be doing. Don't let other people's negativity hold you back.

### Gemini

May 22 - June 21

You may be active by nature but over the next few days you should aim to do less and think more. Activity for its own sake, be it physical or mental, is a waste of time, so make sure your aims have meaning.

### Cancer

June 22 - July 23

How can you make a difference in the world? Give it some thought and a way will occur to you.

### Leo

July 24 - Aug. 23

Do you want to improve your status and reputation? Then keep your eyes and ears open because you will soon get the chance.

### Virgo

Aug. 24 - Sept. 23

The planets are about to offer you the chance to make a new beginning. First though you need to get rid of all that emotional baggage you have been carrying around. It's time to be who you want to be.

### Libra

Sept. 24 - Oct. 23

You may be inclined to make changes to your financial or business affairs today but is that really such a smart idea? With so many things in a state of flux at the moment it may be better to just sit tight.

### Scorpio

Oct. 24 - Nov. 22

Your reputation for toughness is well deserved but there is also a softer, more compassionate side to your nature that will be much in evidence today.

### Sagittarius

Nov. 23 - Dec. 21

Do you see your work as a challenge or a chore? If it's the latter you may need to change direction

### Capricorn

Dec. 22 - Jan. 20

You cannot be bothered with trivial issues or trivial people. There are so many big things going on in the world at the moment and it annoys you that so many don't seem to care.

### Aquarius

Jan. 21 - Feb. 19

With the cosmic emphasis about to switch to the domestic sphere you should focus on the needs of loved ones.

### Pisces

Feb. 20 - March 20

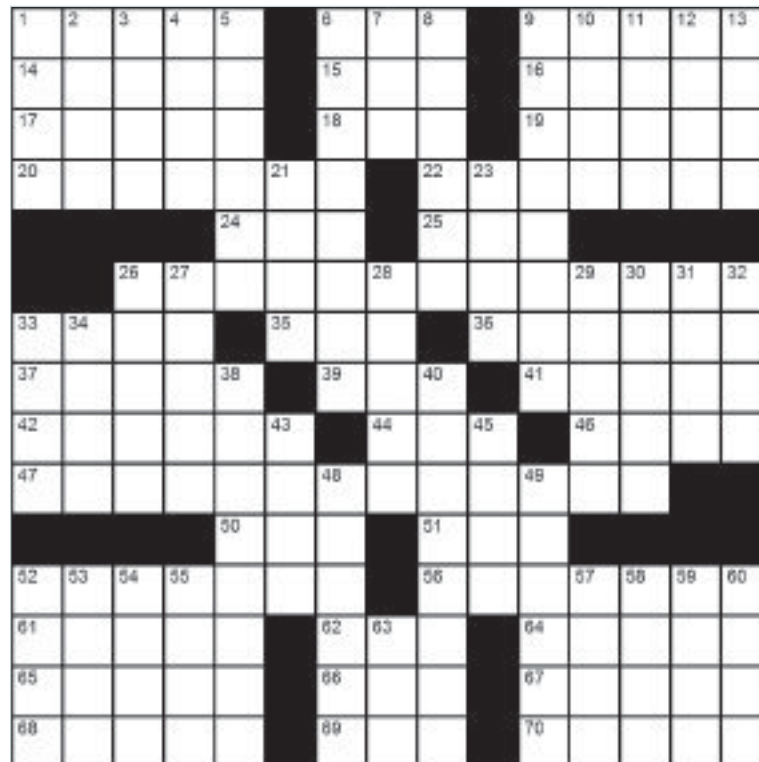
As Pisces is such a sensitive sign you are easily affected by other people's moods, which means you should be rather cheerful today. Everyone around you is in the mood to have fun. Sounds like an excuse for a party.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Juno, for one
6. Haul with difficulty
9. Boast
14. "Extra" host Mr. Lopez
15. 'Comb' suffix (Put together)
16. "\_\_\_ Majesty's Secret Service (1969)"
17. Spectrum source
18. Half a cheering prop
19. "\_\_\_ fired!" (Donald Trump's catchphrase)
20. Maritime helicopter of the RCAF: 2 wds.
22. Sir Walter Scott novel about a Saxon knight
24. Naught
25. Henpeck
26. It distinguishes the iconic Lacoste tennis/golf shirt: 2 wds.
33. Moulding style
35. \_\_\_ Pekka Salonen (Finnish conductor/composer)
36. Some leathers
37. Keepsake of yore
39. Grads-to-be, briefly
41. Beverly Hills' \_\_\_ Drive
42. Sporting spots
44. "Of course."
46. 'Smart' suffix (Brains)
47. Justin Trudeau's gig: 2 wds.



50. Fizzle out
51. Roman Numeral for 551
52. Bring in illegally
56. Driving and piano
61. Filmmaker, Frank \_\_\_
62. Tiny

64. Sal of "Rebel Without a Cause" (1955)
65. Warning device
66. '\_\_\_' for Alberta
67. "Farewell, mon ami!"
68. Length unit

69. Salutes from Rocky
70. Tennis great, Ivan \_\_\_

### Down

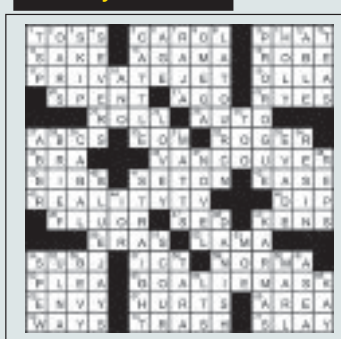
1. Hookups for Mr. Hendrix

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

9. Goods transporting job in early Canada
10. Auth. unknown
11. "Nope."
12. Detective created by mystery writer Rex Stout, \_\_\_ Wolfe
13. Branches-and-roots grower
21. Kind
23. Mr. Kilmer's, for short
26. Famous person, for short
27. Marie Antoinette, par exemple
28. Actress Ms. Hannah
29. Sierra \_\_\_
30. More peculiar
31. "Well, well, wells."
32. Bears: Spanish
33. Viva voce
34. Ginger Spice aka \_\_\_ Halliwell
38. Poker: 2 wds.
40. Like some grapes
43. Cruise
45. Garage \_\_\_
48. Allowance
49. Dreary
52. Defraud
53. Female's opposite
54. \_\_\_ the crack of dawn: 2 wds.
55. Fido is furious!
57. Show allegiance
58. "Come \_\_\_!" = "Welcome!": 2 wds.
59. Call for
60. Collective \_\_\_ (Rock band)
63. Farm song vowels

## Yesterday's Crossword

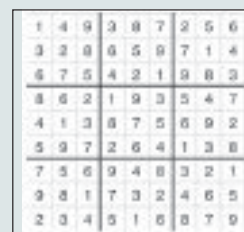


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today

22°/2°

Thundershowers

60%

Friday

14°/-4°

Rain


90%

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